

## ABSTRACT OF THE DISCLOSURE

A resin particle of a first embodiment in accordance with the present invention contains a resin and coil-shaped carbon fiber. Content of the coil-shaped carbon fiber in the resin particle is 15 wt% or less. A resin particle of a second embodiment in accordance with the present invention contains a resin, coil-shaped carbon fiber and a foaming agent. Content of the coil-shaped carbon fiber in this resin particle is 15 wt% or less. The resin particles of both the first and second embodiments can be used for the purpose of absorbing electromagnetic waves.